

# Bouncing Back from Adversity

Relational and Reflective Intelligence in the Face of  
Violence and Abuse

*International Conference on  
The Jewish Community Confronts  
Violence and Abuse - December 2, 2014*

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# Self Care

- Exercise
- Sleep
- Touch
- Nature
- Stress reduction
- Emotional Health
- Healthy relationships
- Meaningful work

# Brain Care

- Exercise – grow new brain cells
- Sleep – housekeeping; consolidate learning
- Touch – safety and trust; equilibrium
- Nature – reverie, insights
- Stress reduction – reduce damage to brain
- Emotional Health – antidote negativity bias; connect to resources
- Healthy relationships – develop inner secure base
- Meaningful work – thriving and well-being

# Take Mental Breaks

- Focus on something else (positive is good)
- Talk to someone else (resonant is good)
- Move-walk somewhere else (nature is good)
- Every 90 minutes; avoid adrenal fatigue

# Relational Resources

*The roots of resilience are to be found in the felt sense of being held in the mind and heart of an empathic, attuned, and self-possessed other.*

*- Diana Fosha, PhD*

*To see and be seen: that is the question, and that is the answer.*

*- Ken Benau, PhD*

# Giving and Receiving Compassion

- Breathing in, “nourishing, nourishing”
- Breathing out, “soothing, soothing”
- In imagination, “nourishing for me, nourishing for you, soothing for me, soothing for you”
- “One for me, one for you”
- Practice breathing “one for me, one for you” when in conversation with someone

# Circle of Support

- Call to mind people who have been supportive of you; who have “had your back”
  - Currently, in the past, in imagination
- Imagine them gathered around you, or behind you, lending you their faith in you, and their strengths in coping
- Imagine your circle of support present with you as you face difficult people or situations

# Compassionate Friend

- Imagine being in a safe, comfortable place.
- A kind, caring person comes to visit; sit with this compassionate friend.
- Share any difficulties with this friend; listen to your friend say *just what you need to hear right now*.
- Sit quietly and reflect on what your friend has advised.



# Positivity Portfolio

- Ask 10 friends to send cards or e-mails expressing appreciation of you
- Assemble phrases on piece of paper
- Tape to bathroom mirror or computer monitor, carry in wallet or purse
- Read phrases 3 times a day for 30 days
- Savor and appreciate

# Relational Intelligence

- Asking for and receiving help
- Compassionate listening
- Setting limits and boundaries
- Negotiating change
- Resolving conflicts
- Repairing ruptures
- Forgiveness

# Wished for Outcome

- Evoke memory of what did happen
- Imagine new behaviors, new players, new resolution
- Hold new outcome juxtaposed with negative experience
- Drop negative, strengthen-refresh positive
- Notice shift in perspective of experience, of self

# Compassion with Equanimity

Everyone is on his or her own life journey.

I am not the cause of this person's suffering,  
nor is it entirely within my power to make it go away,  
even if I wish I could.

Moments like this are difficult to bear,  
yet I may still try to help if I can.

# Reflective Resources - Mindfulness

- Pause, become present
- Notice and name
- Step back, dis-entangle, reflect
- Catch the moment; make a choice
- Shift perspectives; shift states
- Discern options
- Choose wisely – let go of unwholesome, cultivate wholesome

# Mindfulness

*Catch the moment; make a choice*

*- Janet Friedman*

*Every moment has a choice;*

*Every choice has an impact.*

*- Julia Butterfly Hill*

# Autobiography in Five Short Chapters – Portia Nelson

I

I walk down the street.

There is a deep hole in the sidewalk

I fall in.

I am lost...I am helpless

It isn't my fault.

It takes me forever to find a way out.



II

I walk down the same street.

There is a deep hole in the sidewalk.

I pretend I don't see it.

I fall in again.

I can't believe I'm in the same place

But, it isn't my fault.

It still takes a long time to get out.





III

I walk down the same street.

There is a deep hole in the sidewalk.

I see it is there.

I still fall in...it's a habit

My eyes are open,

I know where I am.

It is my fault.

I get out immediately.



IV

I walk down the same street  
There is a deep hole in the sidewalk.  
I walk around it.

V

I walk down another street.


-Portia Nelson

# Find the Gift in the Mistake

- Regrettable Moment – Teachable Moment
- What's Right with this Wrong?
- What's the Lesson?
- What's the Cue to Act Differently?
- Find the Silver Lining and Positive Change

# Coherent Narrative

- This is what happened.
- This is what I did.
- This has been the cost.
- This is what I learned.
- This is what I would do differently going forward.



*There is a natural and inviolable tendency in things to bloom into whatever they truly are in the core of their being.*

*All we have to do is align ourselves with what wants to happen naturally and put in the effort that is our part in helping it happen.*

*- Dave Richo*

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